



Open-Faced NY Strip

 Dairy Free

READY IN



105 min.

SERVINGS



60

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 baguette thin
- 60 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin for drizzling
- 1 medium onion diced
- 1 small bell pepper diced red
- 1 ny strip steak ()

Equipment

- frying pan

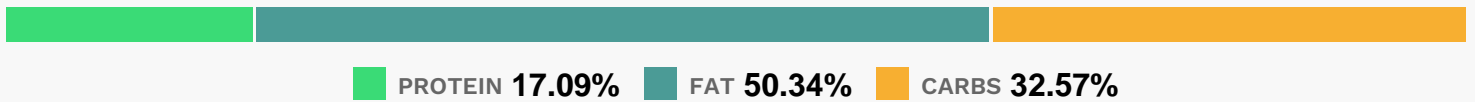
- baking sheet
- sauce pan
- oven
- whisk
- wooden spoon
- kitchen thermometer

Directions

- Preheat oven to 400 degrees F.
 - Slice the baguette into 1/4-inch thick rounds, drizzle with oil, and season with salt and pepper.
 - Spread on a baking sheet, and bake until crisp and lightly golden, about 6 minutes.
 - Transfer to a rack and cool in a single layer.
 - Heat 2 tablespoons oil in a large skillet over medium heat.
 - Add onions and peppers and cook, stirring often, until onions are golden brown and peppers are tender.
 - Season steak with salt and pepper. In another large skillet, heat remaining 2 tablespoons oil over medium-high heat.
 - Add steak and cook about 6 minutes per side, or until an instant-read meat thermometer registers 120 degrees F. Set aside to cool. Slice the steak "paper thin" (a slicer is great for this). Keep warm until ready to assemble.
 - Lay a slice of meat on each slice of baguette toast and top with 1 teaspoon of caramelized onions and peppers and a drizzle of the cheese sauce.
 - Serve.
- tablespoons unsalted butter
 - tablespoons all-purpose flour
 - cups whole milk
 - tablespoon Dijon mustard
 - tablespoon drained prepared horseradish
 - teaspoon kosher salt
 - /2 teaspoon sweet paprika

- 1/4 teaspoon cayenne pepper
- Freshly ground white pepper
- Pinch freshly ground nutmeg
- 1/2 cup grated yellow Cheddar
- 1/4 tablespoon grated Parmigiano-Reggiano
- Melt the butter in a medium saucepan over medium heat. Stir in the flour with a wooden spoon and cook stirring constantly in a figure 8, until pale yellow, about 1 minute. Slowly whisk in the milk and bring to a boil.
- Add the Dijon, horseradish, salt, paprika, cayenne, white pepper, and nutmeg. Reduce the heat to maintain a simmer and cook, stirring constantly, until thickened, about 6 to 8 minutes.
- Remove from the heat and whisk in the cheeses. Set aside and keep warm.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:1.0843478156173%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 28.49kcal (1.42%), Fat: 1.59g (2.44%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 2.14g (0.78%), Sugar: 0.33g (0.36%), Cholesterol: 3.01mg (1%), Sodium: 27.87mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Selenium: 1.62µg (2.31%), Vitamin C: 1.71mg (2.08%), Vitamin B3: 0.41mg (2.06%), Vitamin B1: 0.03mg (1.91%), Manganese: 0.04mg (1.81%), Vitamin B6: 0.03mg (1.59%), Folate: 5.81µg (1.45%), Iron: 0.22mg (1.24%), Phosphorus: 12.09mg (1.21%), Vitamin E: 0.18mg (1.18%), Vitamin B2: 0.02mg (1.14%), Zinc: 0.17mg (1.14%)